

# Oyster Sauce Pork & Sesame Soy Greens

with Chilli-Ginger Oil & Pickled Cucumber

TASTE TOURS

Grab your Meal Kit with this symbol



Jasmine Rice



Oyster Sauce



Premium Pork Fillet



Cucumber



Garlic



Long Chilli (Optional)



Ginger Paste



Baby Broccoli



Green Beans



Spring Onion



Mixed Sesame Seeds



Crispy Shallots

Prep in: **25-35 mins**  
Ready in: **40-50 mins**

Want to whip up a Chinese-inspired feast without spending all day toiling away in the kitchen? You're in luck! The main event is a sweet-and-sticky pork fillet that's glazed with our oyster sauce. On the side, there's fluffy rice, sesame-soy greens and pickled cucumber. Yeah, you're about to make all of that in less than an hour!

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Rice Wine), Soy Sauce

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
premium pork fillet	1 packet	2 packets
cucumber	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
garlic	2 cloves	4 cloves
long chilli  (optional)	½	1
ginger paste	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
spring onion	2 stems	4 stems
soy sauce*	drizzle	drizzle
mixed sesame seeds	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3343kJ (799Cal)	549kJ (131Cal)
Protein (g)	55.6g	9.1g
Fat, total (g)	26.2g	4.3g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	88.4g	14.5g
- sugars (g)	21.3g	3.5g
Sodium (mg)	620mg	102mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the rice

- Preheat oven to **220°C/200°C fan-forced**.
- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered, until the rice is tender and all the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

4



## Make the chilli-ginger oil

- Finely chop **garlic** and **long chilli** (if using).
- In a small heatproof bowl, place **garlic**, **chilli** and **ginger paste**.
- Return frying pan to high heat with **olive oil** (3 tbs for 2 people / ⅓ cup for 4 people). Heat until just smoking, **1 minute**.
- Carefully pour the **oil** over the ginger mixture in the bowl and stir to combine.

**TIP:** Use as much or as little chilli as you like!

2



## Cook the pork

- While the rice is cooking, in a small bowl, add **oyster sauce** and the **honey** and stir until combined.
- Heat a drizzle of **olive oil** in a large frying pan over high heat. Season **premium pork fillet** all over and add to hot pan. Sear **pork** until browned, **1 minute** on all sides.
- Transfer **pork** to a lined oven tray and roast, **12-14 minutes** for medium, or until cooked to your liking.
- Remove tray from the oven, transfer **pork** to a plate and spoon over **oyster sauce mixture** to coat. Cover and leave to rest until serving.

5



## Cook the soy sesame greens

- Roughly chop **baby broccoli** and **green beans**.
- Thinly slice **spring onion**.
- Return frying pan to medium-high heat with a dash of **water**. Add **baby broccoli** and **green beans** to the pan. Cook, tossing, until tender, **3-4 minutes**.
- Add the **soy sauce**, a drizzle of **olive oil** and **mixed sesame seeds**. Toss to combine.

3



## Make the pickled cucumber

- Meanwhile, roughly chop **cucumber**.
- In a medium bowl, combine **cucumber**, the **vinegar**, a dash of **water** and a generous pinch of **salt** and **sugar**. Toss to combine and set aside.

6



## Serve up

- Slice the premium pork fillet.
- Drain cucumber. Stir spring onion and **crispy shallots** through the rice.
- Bring everything to the table to serve.
- Drizzle **chilli-ginger oil** over veggies to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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